



**SIMPLOT**

# 205297 - Vegetable Blend Stir Fry Frozen

A mix of broccoli, sugar snap peas, bean sprouts, water chestnuts and red bell peppers; Farm-fresh flavor and color; Reduces costly labor just heat and serve; Consistent year-round quality and pricing; 100% useable, no trim, loss or waste



## Nutrition Facts

Servings per Container 120  
Serving size 1cup(88g)

Amount per serving  
**Calories 35**

% Daily Value\*

Total Fat 0g 0%  
Saturated Fat 0g 0%  
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Total Sugars 2g  
Includes 0g Added Sugar 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.5mg 3%

Potassium 190mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

### Ingredients

BROCCOLI, SUGAR SNAP PEAS, BEAN SPROUTS, WATER CHESTNUTS, RED BELL PEPPER.

### Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

Keep frozen 0F or below

### Serving Suggestions

Add Asian flair to any menu, this mix is the perfect starter for stir-fried entres or sides.

### Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW, THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. SAUT1. Heat 1 Tbsp. oil in a large skillet on MEDIUM-HIGH. 2. Add one bag of frozen vegetables. Saut for 8 minutes, stirring frequently. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 4 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish. 2. Add 2 Tbsp. of water and cover. 3. Cook on HIGH for 15 minutes, stirring halfway through cook time.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetable Blends

MFG #	SPC #	GTIN	Pack	Pack Desc.
188452	205297	10071179188452	12	12/32 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
26lb	24lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.87in	11.37in	9.75in	1.08ft3	1x1	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	35	Total Fat	0g	Sodium	10mg
Protein	2	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	6g	Saturated Fat	0g	Iron	0.5mg
Sugars	2g	Added Sugars	0g	Potassium	190mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

